

# International Women's Day 2019

Each year, on 8 March, International Women's Day is celebrated around the world. It's seen as a day to reflect on progress made, to call for change and to celebrate acts of courage and determination by ordinary women who have played an extraordinary role in the history of their countries and communities.

This year, the theme's #balanceforbetter and, to mark the occasion, we asked a selection of inspirational women from across our offices to share how they achieve balance in their busy lives. From meditation to triathlon training, family dinners to swimming with sharks, each reveal how they strive to find the right balance in both their personal lives and careers.